



RICHMOND, VIRGINIA

**Saturday, September 12, 2009**

**8 AM - NOON**



Join Mayor Dwight C. Jones  
for the  
City of Richmond's 50 Million Pound  
**2-mile Walk/Run Challenge**  
with Dr. Ian Smith



**Weight-loss expert and Best Selling Author**

On site-registration - 8 am • Kick off - 9 am • Challenge - 9:30 am • Event activities - 8 am to noon

## **Chimborazo Park**

East Broad and 32nd Streets

The Department of Parks, Recreation & Community Facilities, Richmond City Health District  
along with State Farm, invite you to come out for a day of fun and a step  
toward a healthy lifestyle and personal well-being.

### **Join Richmond's Team: *Rock Richmond!***

Sign up online or at the Challenge Walk Off event  
to win great prizes: \$100 State Farm-VISA Cards, iPods,  
Wii console and more! *VISA Cards for largest "TEAMS"*

#### **TO REGISTER ONLINE, FOLLOW THESE STEPS:**

1. Go to [www.50millionpounds.com](http://www.50millionpounds.com)
2. At top of page, select "Join Now"
3. Fill out membership pages and submit
4. When membership is completed, go to TEAMS page
5. Click join a team & enter **Rock Richmond** in the search box
6. Find "Rock Richmond" and then select "Join now"
7. Congratulations on joining the Rock Richmond team!

**Call 646-5733 or 205-3734 for information**

### **rain or shine**

- Wellness Exhibitors
- Fun activities for kids and adults

#### **FREE GIVE-AWAYS:**

t-shirts, refreshments, gym bags,  
jump ropes, challenge kits, etc.



**It Starts  
in Parks**



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**State Farm**

